



Seneca Lake RC Trail Series

hosted by the Seneca Lake Running Club



Trail Run | Snowshoe | XC Ski

| # | Date | Day | Time | Detail |
|---------|-------------|--------|--------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Race #1 | February 2 | Sunday | 1:15pm | <ul style="list-style-type: none"> • 5000 meter / 3.1 mile un-groomed trail through vineyard landscape. • You may choose your mode of transportation (run / shoe / ski) |
| Race #2 | February 9 | Sunday | 1:15pm | |
| Race #3 | February 16 | Sunday | 1:15pm | |
| Race #4 | February 23 | Sunday | 1:15pm | |

Name (please print): _____

Street Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Age: _____ Gender (circle one): Male Female

Race Registration (circle selection) Feb 2 Feb 9 Feb 16 Feb 23

Fee per Race (circle selection) SLRC Member \$5 Non-Member \$10

Checks payable to: **Seneca Lake Running Club** Entry Fee: \$ _____

Membership (optional): _____

Total: _____

Waiver: I know that running a trail race is a hazardous activity. I understand that I, or the person(s) I am responsible for, will be subjected to harsh weather including severe cold, snow, freezing rain, slippery surfaces, uneven terrain and cars on the road. I certify that I, or the person(s) for whom I am responsible, am of strong body and spirit and capable of the challenge of these events. Therefore, I for myself, or for the person I am responsible for, release the Seneca Lake Runners Club, the Road Runners Club of America, Anthony Road Wine Company, the individual Towns in which the events take place, event organizers and any other person involved with these events from any liability for damages that may be incurred upon myself or the person for whom I am responsible, as a result of my/his/her participation in these events. I understand that my entry fee is non-refundable. I understand that water is available, but not on the course.

**** Signature Required **** Parent or Guardian must sign if applicant is under 18 years of age ******

Sign _____ Date _____